

## **Mexico Extreme Missionary Adventure Trip - Things to bring**

**PASSPORT** – In addition to bringing your passport I recommend you make a few copies of the photo page of your passport. Leave one copy at home or at your office, put one copy inside each of your bags and keep one copy with you separate from your passport.

**Plan on having warm days, cool nights and a chance of rain anytime.**

### **CLOTHING:**

Shirts  
Pants  
Shorts  
Underwear  
Ladies – 1 dress or skirt  
Socks  
Hiking boots-well broken in  
Shoes  
Sandals or shower shoes  
Jacket  
Raingear/poncho  
Swimming suit

### **PERSONAL & HYGIENE ITEMS:**

Soap & shampoo  
Toothbrush & paste  
Deodorant  
Comb/brush  
Toilet paper (1)  
Bottled water (2 small)  
Sunscreen  
Hand sanitizer  
Baby wipes (small pack)  
Personal & feminine hygiene items  
Bath clothes & 1 towel  
Cap or hat  
Sleeping bag – light weight fleece

### **Miscellaneous:**

Bible, journal, pen  
Prescription medicine  
Personal money  
Sunglasses

Small backpack and/or fanny pack  
Snacks  
Small flashlight & extra batteries  
Camera & film

Please do not bring any jewelry other than a wedding band (if applicable) and an inexpensive watch. It only causes problems and is not needed.

Please check with your personal physician about immunizations and medicines for the trip. Make sure your Tetanus shot is current.

